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HEALTH PLAYS FOR SCHOOL CHILDREN

As Developed by
Teachers and Pupils
in the Public Schools
in Greater New York



RJ 206

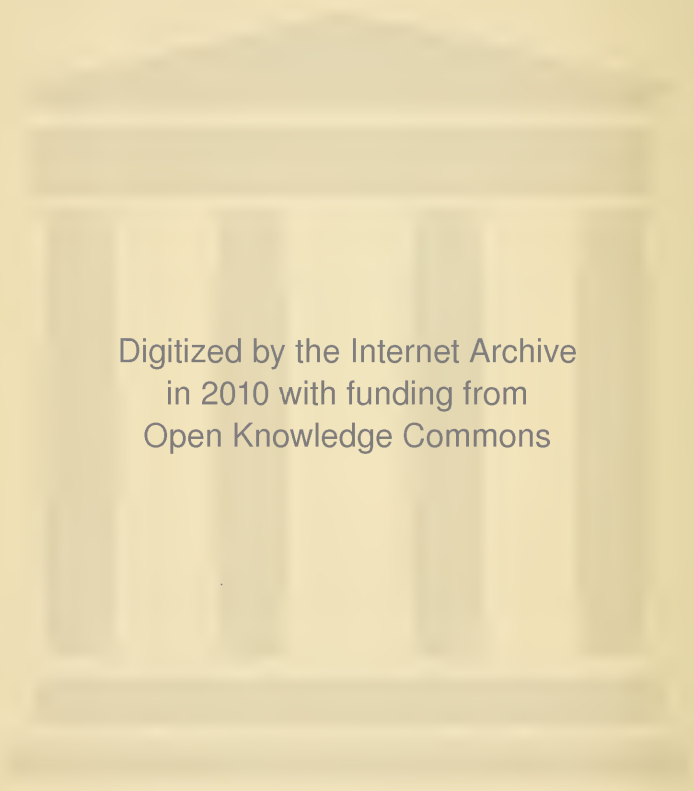
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HEALTH PLAYS FOR SCHOOL CHILDREN

As Developed by
Teachers and Pupils
in the Public Schools
in Greater New York



Printed by the Health Service
New York County Chapter American Red Cross
598 Madison Avenue

for

Child Health Organization of America

Penn Terminal Building, 370 Seventh Avenue
New York City



RJ206

Am3

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of America

*A second edition will be printed by the
Child Health Organization of America,
if there is sufficient demand.*

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WHERE THEY ALL CAME FROM

IN May, 1920, during the Milk and Child Health Campaign, health plays were given in a contest held at the Grand Central Palace, New York City, under the auspices of the Child Health Organization of America, co-operating with the New York State Department of Farms and Markets and the Department of Home Economics, Cornell University.

Forty New York Public Schools were invited to compete, a prize being given each day to the school making the most graphic presentation of the value of milk. Milk facts were presented in various ways, the informal play proving perhaps the most popular.

On five days' notice, teachers in the public schools, building upon the facts in a pamphlet entitled "Milk, the Master Carpenter," which is reprinted here, were able to make a splendid showing. *What they did without being health or dramatic experts, other teachers can do.* Their success marks merely the beginning of a much wider use of the amateur health play. Though some of the authors were teachers of Domestic Science, many were grade teachers. All very generously donated their manuscripts, to make this book possible, and through it to give the plays to the country.

Children love the dramatic form and the plays will be found useful in teaching the formation of health habits. The health lesson is made effective when the child who is *living* the "Game of Health"—is drinking milk and eating cereal, and fruit or green vegetables daily, sleeping with windows open and bringing weight up to standard—takes in such plays a leading part.

Many of these plays were given at the contest and are printed as presented in more or less impromptu form. All of them are a result of the growing tendency to teach health in the most vivid and amusing way. It is hoped that they will prove a stimulus to many original productions.

A MESSAGE to Boys and Girls

from the

Child Health Organization of America
Penn Terminal Building, 370 Seventh Avenue, New York



MILK The Master Carpenter

Milk has a power beyond all other foods to build strong bodies for boys and girls. Every time you drink a glass of milk, you are really setting to work fine magic little carpenters, who are expert body builders.



**Protein the
Muscle
Builder**

Protein is the carpenter who builds muscle and brings you energy and vitality for work and play. You find him in the thick curd of sour milk and in cheese. You also find him in meat, but he does better work when he lives in milk bottles than when he comes from the butcher shop.

**Lime the
Bone Builder**

The carpenter called Lime or Calcium helps to build strong bones and firm white teeth.

**Fat the
Warmth and
Energy
Builder**

If you would have warmth for your body, you must call upon the merry little carpenter called Fat. He also gives you the energy to work and play like his brother Protein.

**Sugar another
Warmth and
Energy Builder**

Sugar is another busy carpenter who helps his brother Fat make both warmth and energy.

**The Magic
Triplets**



There are three mysterious carpenters who work as if by magic. They have been called the Vitamines, and we know very little about them except that they have the magic power of making your bodies grow.

If you are as much as 10% below weight for your height and age, call on the milk carpenters

In order that these helpful little builders may give you their full share of work, you must drink at least a pint of milk a day. You may drink this from a glass, or take it in cocoa, creamed vegetables or puddings.



**At Least a Pint
of Milk a Day**

But to do their best work these milk carpenters need to work side by side with other workmen, one of whom is called Iron, who helps to build red blood. You can secure his services by eating plenty of green vegetables and fruit. You will also find iron in eggs and meat.

**Iron the Body
Builder**

But you will have to have some workmen to keep your house in order, while all these carpenters are at work. For this you call upon the Laxative Brothers by eating fruit and green vegetables, so that your intestines and kidneys may be kept clean and active.

**The Laxative
Brothers**

Because active boys and girls need so much energy, you must further help the milk carpenters by eating plenty of bread and cereals.

**More Energy
Builders**

If you do not let all these helpful little fellows do their work, you will have a weak, tired body, and you will not weigh enough for your height and age.

**Up to Weight
for Height and
Age**



**Drink milk in the mid-morning and the
mid-afternoon as well as at meals**

HEIGHT and WEIGHT TABLE for BOYS

Height Inches	5 Yrs	6 Yrs	7 Yrs	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs
39	35	36	37											
40	37	38	39											
41	39	40	41	44										
42	41	42	43	46										
43	43	44	45	47										
44	45	46	47	48										
45	47	48	49	50	54									
46	48	49	50	51	52									
47	51	52	53	54	55									
48	53	54	55	56	57									
49	55	56	57	58	59									
50	58	59	60	61	62									
51	60	61	62	63	64	65								
52	62	63	64	65	66	67	68							
53	66	67	68	69	70	71	72	73	74					
54	69	70	71	72	73	74	75	76	77	78				
55	73	74	75	76	77	78	79	80	81	82				
56	77	78	79	80	81	82	83	84	85	86				
57	81	82	83	84	85	86	87	88	89	90	91			
58	84	85	86	87	88	89	90	91	92	93	94			
59	87	88	89	90	91	92	93	94	95	96	97			
60	91	92	93	94	95	96	97	98	99	100	101	102		
61	95	96	97	98	99	100	101	102	103	104	105	106	107	108
62	100	101	102	103	104	105	106	107	108	109	110	111	112	113
63	104	105	106	107	108	109	110	111	112	113	114	115	116	117
64	107	108	109	110	111	112	113	114	115	116	117	118	119	120
65	110	111	112	113	114	115	116	117	118	119	120	121	122	123
66	113	114	115	116	117	118	119	120	121	122	123	124	125	126
67	120	121	122	123	124	125	126	127	128	129	130	131	132	133
68	125	126	127	128	129	130	131	132	133	134	135	136	137	138
69	130	131	132	133	134	135	136	137	138	139	140	141	142	143
70	134	135	136	137	138	139	140	141	142	143	144	145	146	147
71	138	139	140	141	142	143	144	145	146	147	148	149	150	151
72	142	143	144	145	146	147	148	149	150	151	152	153	154	155
73	147	148	149	150	151	152	153	154	155	156	157	158	159	160
74	152	153	154	155	156	157	158	159	160	161	162	163	164	165
75	157	158	159	160	161	162	163	164	165	166	167	168	169	170
76	162	163	164	165	166	167	168	169	170	171	172	173	174	175



Health in Education
Education in Health

PREPARED BY DR. THOMAS B. WOOD

About What a BOY Should Gain Each Month

AGE	5 to 8	6 to 8	12 to 16	16 to 18	16 to 18	8 to 12
AGE	5 to 8	6 to 8	12 to 16	16 to 18	16 to 18	8 to 12

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HEIGHT and WEIGHT TABLE for GIRLS

Height Inches	5 Yrs	6 Yrs	7 Yrs	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs
39	34	35	36											
40	36	37	38											
41	38	39	40	43										
42	40	41	42	44										
43	42	43	44	45										
44	44	45	46	47										
45	46	47	48	49										
46	48	49	50	51										
47	50	51	52	53	54									
48	52	53	54	55	56									
49	54	55	56	57	58									
50	56	57	58	59	60									
51	58	59	60	61	62									
52	60	61	62	63	64	65								
53	62	63	64	65	66	67								
54	64	65	66	67	68	69	70	71	72	73				
55	66	67	68	69	70	71	72	73	74	75	76	77		
56	68	69	70	71	72	73	74	75	76	77	78	79	80	81
57	70	71	72	73	74	75	76	77	78	79	80	81	82	83
58	72	73	74	75	76	77	78	79	80	81	82	83	84	85
59	74	75	76	77	78	79	80	81	82	83	84	85	86	87
60	76	77	78	79	80	81	82	83	84	85	86	87	88	89
61	78	79	80	81	82	83	84	85	86	87	88	89	90	91
62	80	81	82	83	84	85	86	87	88	89	90	91	92	93
63	82	83	84	85	86	87	88	89	90	91	92	93	94	95
64	84	85	86	87	88	89	90	91	92	93	94	95	96	97
65	86	87	88	89	90	91	92	93	94	95	96	97	98	99
66	88	89	90	91	92	93	94	95	96	97	98	99	100	101
67	90	91	92	93	94	95	96	97	98	99	100	101	102	103
68	92	93	94	95	96	97	98	99	100	101	102	103	104	105
69	94	95	96	97	98	99	100	101	102	103	104	105	106	107
70	96	97	98	99	100	101	102	103	104	105	106	107	108	109
71	98	99	100	101	102	103	104	105	106	107	108	109	110	111
72	100	101	102	103	104	105	106	107	108	109	110	111	112	113



Health in Education
Education in Health

PREPARED BY DR. THOMAS B. WOOD

About What a GIRL Should Gain Each Month

AGE	5 to 8	6 to 8	14 to 16	16 to 18	16 to 18	8 to 12
AGE	5 to 8	6 to 8	14 to 16	16 to 18	16 to 18	8 to 12

Weights and measures should be taken without shoes and in only the usual indoor clothes.

CHILD HEALTH ORGANIZATION OF AMERICA

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THE KING OF FOODS

CHARACTERS

A HERALD—FRUIT—CEREAL—EGG—VEGETABLES—MEAT—SUGAR—ATTENDANT ON MEAT AND SUGAR—BROWN BREAD—BUTTER—MILK—COFFEE—JUDGE—SINGERS AND DANCERS.



Herald—Tam o'shanter, tabard, ruffles and trumpet pennant are made of crepe paper, as are most of the costumes in this play. A funnel forms the end of the trumpet. Fruit's hat is a huge red apple. The dress has a painted fruit border. Cereal wears a poppy wreath and a dress of wheat-colored strips of paper. Egg is in white with yellow bodice. Vegetables has green stockings and a suit of long

paper leaves wired—head in a tall orange crepe paper "dunce cap" gathered about the neck, with slits for eyes and nose. Meat has on a butcher's apron and carries a cleaver. Sugar is daintily dressed in white. Attendant is in white. Brown Bread—A loaf is a large paper carton, padded and covered with brown crepe paper. The bottom is open but there are holes for arms and legs. Butter is all in yellow, with a large buttercup hat. Milk—A cream-colored cardboard cylinder with arm-holes, forms a huge milk glass. Judge wears a college gown and a white cut-paper wig. Coffee is all in brown, with turkey feathers in her cap.

Herald— I know something that I am going to tell,
Do as we advise you and you'll all be well;
Listen very carefully, keep as still as mice,
We are going to give you some excellent advice.
(Calls following foods)

Fruit— Everybody must eat some fruit,
Father and mother and baby cute;
For daily fruit, all children pine,
Because it makes them well and fine.

Cereal— All must remember cereals to eat,
Because they give the body heat.
Remember what I say, use me every day;
You will find that I pay, pay, pay.

Vegetables— Vegetables help keep the body right,
Use me daily or your health you'll blight.
Eat me for supper, and also for dinner;
In the food world, the vegetable's a winner.





Egg— I am the excellent but costly egg,
Listen to me a minute, I beg.

Attendant— (*Leading meat, small boy*)—
This little boy is to represent meat,
I want you all to see him, he looks so very neat.
We gave this part to one who isn't tall,
To remind you to make your meat portions small.
(*Leading sugar*)
And here's a little girl, she's also very little,
To almost everybody she is a favorite victual.
I know her name is Sugar, because she looks so sweet.
Make your portions of sugar just as small as meat.

Brown Bread— I am a brown loaf, I am made of whole wheat,
For feeding the children I am quite hard to beat;
My sister, the white loaf, is not so good for health,
And health, my dear people, is better than wealth.

Butter— I am golden butter, my price is very high;
People when they buy me are often heard to sigh:
But I have something in me that makes the children
grow,
Let them spread me on their bread, 'twill on them
health bestow.

Milk— I am beautiful milk, I'm a wonderful king,
The dear little children my praises all sing;
Without me the babies would sicken and die,
And e'en though my prices go up to the sky,



No person on earth should e'er pass me by.
 I am sure you all know that my food value's high,
 And so I appeal to you all, my dear people,
 Use me, my value's as high as a steeple.

Herald—

Dear milk, we all love you and honor you, too,
 The words you have spoken are every one true.
 Come, friends, let us gather around him and sing
 Praises and honor, we owe to our king.
(All begin to move towards milk—Coffee appears)

Herald—

(seeing coffee)
 Oh! Oh! Oh! Oh! Oh! What's that? What's that?
 What's that?
 At my first glimpse of it, I thought it was a bat!
(Foods repeat, "Oh! Oh!" etc.)

Herald—

(to coffee)
 Who are you, sir, and what's your name?
 We do not want you slighted,
 But it seems to me 'twas impolite
 To come here uninvited.

Coffee—

My name is Coffee. I am a great King,
 When you call him a monarch, you say a false thing.
 I shall take out my sword and drive him away:
 Go at once! Go at once! You cannot here stay!

Milk—

I think you're the one to be driven away,
 But I have a plan to decide which shall stay;

To try our case let us get a magistrate,
I think that's the best way to ascertain our fate.
(*To messenger*)
Go get the judge! Look for him low! Look for him high!
Don't come back without him.

Herald— I fly! I fly!

Milk— When the judge comes in, we can each state our case
And tell our powers truly, and with an honest face.

Judge— What's all the trouble? Who wants me in such haste?
Let the seekers after justice before me here be placed.

Herald— Your honor, both of these foods claim to be King:
This is milk, this is coffee.
(*To coffee*) You bold, bad thing!

Judge— You, sir, King Coffee, may tell your story first;
(*Aside*) In a case of this kind, it is best to know the
worst.

Coffee— Your honor, 'twill surprise you—listen to my story:
Everybody loves me, my life is filled with glory,
Grown-up people drink me, morning, noon and night;
Many children drink me and their health I blight.
I take away their color, I make some thin and pale,
I make some cross and nervous, and I do it without fail.
Don't you think this power great enough to make me
king?

Herald— O, Dear Milk, your case looks bad,
I feel very, very sad—very sad.

Judge— Well, sir, King Milk, this fellow has great power,
Have you any words to say to make him shrink and
cower?

Milk— Your honor, those that know me, know that I've done
well.
All the babies I've rescued, I really couldn't tell.
People when they know me, learn to love me truly;
Grown-up men and women, and children so unruly.



Every day more people find in me delight,
Because I build their bodies and their lives make
bright.

This creature here has told you of how he causes woe,
Pales the face of children, he surely is their foe,
How he makes them nervous, how he breaks them
down,

Children in the country, children in the town.
If I caused such trouble, I should be ashamed,
I would not call myself a King, I'd feel myself de-
famed.

Listen to the things I do, hear what I've to say,
And if you do not say I'm King, I'll take myself away.
I make the children rosy, I make the children tall,
I make them glad and happy, and health I give to all.
A drink of milk will give them a sound and quiet sleep;
No nerves rise up to tease them, their slumber is too
deep.

I always leave behind me a merry little throng
With sunshine on their faces and on their lips a song.
It is a wondrous power, to gladden childhood so,
If you consult the mothers, they'll say it's true, I know.
To build up children's bodies, the ones that he breaks
down,
To give them warmth and action, this is enough re-
nown.

Judge—

(Interrupting)

Dear friend, you need no longer speak, I understand
my duty;

I clearly see you as you are, your works of wondrous
beauty;

Of all the foods I've ever judged, you surely are the
King.

(To Coffee)

And as for you, bad coffee, you are a horrid thing.

You cannot stay here longer, you must prepare to go,

To all your abject pleading, my answer must be—NO.

You'd better go at once, sir, these foods are good and
stout,

And you'll get rough treatment from them, I haven't
any doubt.

(Exit Coffee hastily)

All—

He's gone, he's gone, Ha, Ha, Ha, Ha, Ha.
He's gone! He's gone! Ha! Ha! Ha! Ha! Ha!
To celebrate our victory, let us dance and sing;
Come, let us gather round dear milk, and hail him as
our King.
Around our hero, we dance and sing,
For Milk in the children's world is King!

Herald—

I see some strangers coming in, singers they seem to be.
Let's ask them for a song and dance, do you not all
agree?
(Enter Singers)

Herald—

Will you oblige us with a dance, and also with a song?

Strangers—

We'll sing you one of bread and milk, 'twill not be
very long.

(Song)



When your children are pale and anemic
I am sure they need milk and brown bread;
Oh, give them these and excellent green vegetables,
Do not wait till they're sick and in bed!

Do you know what's a very good supper?
It's quite easy, just milk and brown bread;
They will give pleasant dreams in the night time,
In the morning, they'll give a clear head.

(Dance by strangers)

Herald—

That's a pretty song, to sing it we all yearn
Won't you teach it to us? We'll try so hard to learn.

Stranger—

I am very glad to do so—now listen carefully,
The words are very easy, just repeat them after me.
(Stranger speaks words of song, chorus repeats, all sing
song and dance).



THE WIZARDRY OF MILK



CHARACTERS

THE WIZARD—TWO ACROBATS—
THREE SINGING GIRLS—A DANC-
ING GIRL—A SOLDIER—A SAILOR
—A DOCTOR—A NURSE—A FIRE-
MAN—A FARMER—A FARMERETTE
—A MOTHER WITH A BABY CAR-
RIAGE—AN OLD COUPLE.

The costumes in this play are easily procured and few would have to be specially made.

The Old Man has a gray cotton beard and hair. The Soldier wears a Boy

Scout uniform and the Acrobats have jerseys, long stockings and trunks made from bloomers. The Wizard's long cream-white gown, cape and pointed hat are decorated with black paper cows and half moons.

PROPERTIES—A huge cardboard milk bottle in center of stage.

SCENE— *Wizard enters and says:*

“I am the Wizard of Milk and I am going to show you something wonderful. When I clap my hands, watch the milk bottle!”

Wizard claps hands and from each side of bottle an acrobat comes bounding out. They bow. They proceed: (1) To turn somersaults; (2) then the wheelbarrow (one acrobat walks on hands while the other holds his feet). (3) One acrobat takes up a large ball marked “100 lbs.” and lifts it slowly with both hands, showing the “strain” on his face, finally, holding it triumphantly in one hand, he tosses it to the other. They toss and catch it several times. (4) They wrestle, in the midst of which Wizard calls out:

“Stop, aren’t you tired?”

“No, we are not tired!”

“Why aren’t you tired?”

(Triumphantly) “Because we drink at least a pint of milk a day!”

They bow and step, one to the right and one to the left of the stage.

Wizard claps again and three girls come skipping out from behind milk bottle. They bow, then sing two songs. When they have finished, Wizard says:

“How well you sing! But aren’t you tired?”

“No, we are not tired. We could sing all day long.”



"Why aren't you tired?"

"Because we drink at least a pint of milk a day!"

The two girls then stand beside acrobat at left, other girl beside one at right of stage. Wizard claps hands again and from behind milk bottle comes a little girl who bows, then does a little dance. When she finishes Wizard says:

"How beautifully you dance! But aren't you tired?"

"Oh, no, I am not tired. I drink at least 2 glasses of milk a day."

Dancer then stands next to two children at the right. Wizard (turning to audience):

"Now I am going to show you what you can be when you are big, if you drink at least a pint of milk a day when you are little."

The following characters (all small children and of about one size) step out from behind the milk bottle, each in response to a clap from the Wizard.

Soldier (saluting), Sailor (saluting), Doctor (carrying bag), Nurse, Fireman, Farmer, Farmerette, Mother with Baby and Carriage, and finally old couple who slowly take their places in space left between Nurse and Fireman.

One by one they step forward (with exception of soldier and sailor and farmer and farmerette who speak in couples) and speak the following lines:

Soldier } (saluting)—"We must be strong to serve our country."
Sailor }

Doctor— "I must be strong to keep people well."

Nurse— "I must be strong to help the doctor keep people well."

Fireman— "I must be strong to save lives and property."

Farmer and } — "We must be strong to raise crops to feed people."
Farmerette }

Mother with Baby—"I must be strong so that baby can be strong."

Old Couple— “We have been strong and healthy all our lives.”

All— “Tell us how!”

Old Couple— “By drinking at least a pint of milk a day.”

All go out except Wizard.

Wizard—“I have something more to show you. When I clap my hands watch what will come.”

He claps and a number of children carrying health posters in front of them line up across the stage.

Wizard— “Where did you get these fine pictures?”

One child answers— “We had a health drive in our school and our drawing teacher, Miss Schaefer, showed us how to make them.”

Wizard (to audience)—“I’ll read them to you.” He reads such health slogans as follows:

“To be a healthy and strong child, sleep nine or ten hours each night. Do you?”

“Milk makes her happy and healthy.”

“Every child needs at least two glasses of milk a day.”

“Mother gives me fruit instead of candy.”

“Eat three regular meals a day.”

“Eat at the same hour each day.”

“Oatmeal made *me* strong.”

“Milk and eggs are good for children.”

“Clean your teeth night and morning.”

“Eat fresh fruit every day.”

“I’m hungry—bread and butter and milk for me!”

“Sleep with your windows open.”

After he has read them all, Wizard turns to audience and shaking his finger, solemnly says:

“Follow these rules and you will be healthy all your days.”



THE HOUSE THAT HEALTH BUILT

SIX CHILDREN, EACH CARRYING A CHART

1. CHART WITH A PICTURE OF A WELL-NOURISHED GIRL.
2. " " " " " " PINT OF MILK.
3. " " " " " CEREALS.
4. " " " " " VEGETABLES.
5. " " " " " EGGS, FISH AND MEAT.
6. " " " " " FRUIT.

The construction follows the style of "The House that Jack Built." Each girl repeats her lines after the girl following her has said her part, thus; After No. 2 finished, No. 1 repeats, using the words written above the words bracketed. After No. 3, both No. 2 and No. 1 again repeat (using the changed words at the beginning); this continues until all have repeated at the conclusion of No. 6's part. Then all recite together, at the close of which the food charts are extended which conceal the girls. The last message thus is carried by the charts themselves.

Number One— To make (This is) the girl so happy and gay
Who lives in the house that health built.

Number Two— To eat with (This is) the milk—a pint a day—
That contains a little fairy fay.

Number Three— Besides (These are) the cereals, full of food
To make this girl grow well and good.

Number Four— With (These are) the vegetables, especially the
green
That contain a magic called vitamine.

Number Five— As well as (These are) the eggs, the fish and the
meat
A little of which each day she may eat.

Number Six— As well as (These are) the fruits
She loves every kind;
If served thrice a day
She wouldn't mind.

All— If you wish to be healthy
And happy and free,
Just remember my word
And be sure to eat me.

THE PIED PIPER OF HEALTH

CHARACTERS



PIED PIPER
SEEKER AFTER
HEALTH
FIRST CHILD
SECOND CHILD
THIRD CHILD
FOURTH CHILD
FIFTH CHILD
RULE ONE
RULE TWO
RULE THREE
RULE FOUR



RULE FIVE — RULE SIX — RULE SEVEN — RULE EIGHT

Pied Piper is dressed in bloomers, brown coat with white collar and cuffs and white stockings, buckled hat and shoes.

Six rules carry large cardboard posters with black silhouettes. Numbers 3 and 7 illustrate these rules in pantomime but do not have posters.

Enter: 1 Pied Piper carrying a golden trumpet raised close to his lips, and walks across the stage giving his call.

The children dance in, in answer to his call, and do a simple dance, humming as they do so.

The Seeker after Health breaks in on the children and questions them.

While she is talking the rules skip in from two sides of the stage and gather near the Seeker, ready to explain the "Game of Health."

THE GAME OF HEALTH

Following the Pied Piper

Pied Piper—

O come ye children one and all.
Come answer ye unto my call.
I seek healthy boys and happy girls
In this land where joy around us whirls,
So follow now ye dear ones,
I'll make you well and strong;
So follow now ye dear ones,
I'll teach you to live long;
Come along, come along, come along.



Seeker after Health—Hark, do you hear a call? It seems to draw me on and on. I needs must follow and learn from whence it comes. And, see, the myriads of others who, too, must have heard it. What is it they all hear? Little one, why do you follow?

First Child—

Why can you not see the Pied Piper of Health in the distance? And do you not hear what he promises?—Health and happiness and a long life of gladness if we but follow where he leads.

Seeker after Health—And what do you hear, dear friend? What does the Pied Piper say to you?

Second Child—

He promises to teach us all to play a lovely game,—the “Game of Health” he calls it.

Seeker after Health—And in return for his kindness what does he ask?

Third Child—

Only that we play fair, and obey the rules of the game, so that we may honestly earn the prize which to each winner shall be awarded.

Seeker after Health—And the prize, is it worth while?

Fourth Child—

As worth while as life itself, for without it life is not worth living. It is a healthy body, the home of a healthy mind.

Seeker after Health—Then, the rules—do you think I can learn to obey them?

Fifth Child— You can, if you will, but it will sometimes seem a little hard. And unless you really want the prize you will be tempted to give up.

Seeker after Health—So many of you have learned them, I shall try too. What are the rules?

First Rule—



I am Rule 1. I see by this chart that you are (*child taking part gives weight, height of "Seeker after Health" and average weight for height and age*)inches tall and weigh only pounds. You should weigh You must eat properly to gain the needed weight. To do this you must drink milk, as much milk as possible, at least 2 glasses daily. Drink no coffee or tea. Eat a cereal for breakfast. Eat whole wheat bread, some green vegetables and fruit, and drink at least four glasses of water each day. These and ten hours of sleep with windows wide open will soon bring your weight up to what it should be.

Rule Two—

And I must ask you to be clean,—clean in body, mind and clothes,—for cleanliness is next to godliness. Bathe with plenty of hot water and soap at least twice a week. Hands, face, neck and finger nails washed morn and night and teeth brushed at least twice daily.

Rule Three—

Good posture I must ask.—A straight line from head to toe.—Standing, sitting, keep erect.

Rule Four—

Cheerfulness is what I teach. Get up smiling, stay up smiling, and smile and smile all day, for "If you but smile, another smiles and then there's miles and miles of smiles, and life's worth while, if you but smile."

Rule Five—

Of sun and air just take your share. There is plenty and to spare. Clear in lung, and clear in mind, for air is health, and health is life's find.

Rule Six—

Exercise will make you strong, so to the gymnasium you should go, and watch your muscles harder grow, and long, happy walks on sunny streets will make the warm blood through all your veins creep.

Rule Seven—

Eyes and nose, throat and teeth, if neglected will bring defeat. So give them care and well you'll fare, in the "Game of Health" wherein you compete.

Rule Eight—

And the last I wish to say: That though you sure must work away, You must never forget your share of play. Work when you work, Play when you play, All of just one, ne'er can be made to pay.

Seeker after Health— I thank you one, I thank you all,
And soon I hope when my work is done
I'll answer to your dear Piper's call.

Pied Piper—

Come along! Come along! Come along!



THE VALUE OF MILK

In the contests held in connection with the Milk and Child Health Campaign classes from our public schools were invited to give some demonstration which would show the value of milk. Four schools competed each day and a prize of twenty dollars in gold was given to that school giving the best presentation of this subject.

The children of the School for the Deaf won one of these prizes. These children are either totally or partially deaf, but they are taught to read the lips and to speak. This school is also a Trade School and prepares these pupils for positions after they are graduated. Everything shown in their demonstration was made by the pupils, being part of their vocational work.

A large milk bottle, 25 inches high, with a diameter at the base of 12 inches and at the neck of 6 inches, was made in 6 sections. On each section the boys lettered one word in the following order, beginning at the base—Protein—Lime—Sugar—Fat—Vitamines (this was divided with one-third on each section).

As an introduction the first child said:

"We are going to tell you about the value of milk. Milk has a power beyond all other foods to build strong bodies for boys and girls. Every time you drink a glass of milk you are really building up your body."

Then a boy placed the first section on a table, saying:

"Protein builds muscle and brings you energy and vitality for work and play. You find it in the thick curd of sour milk and in cheese. You also find it in meat, but it is better in milk bottles than in meat."

Third child, placing second section on top of first:

"Lime, or calcium, helps to build strong bones and firm white teeth."

Fourth child, placing third section in place:

"If you would have warmth for your body you must have sugar. This gives you the energy to work and to play."

Fifth child, placing fourth section in place:

"Fat is another helper who makes both warmth and energy."

Sixth child, placing the small sections forming the neck of the bottle in place:

"There are 3 builders who work as if by magic. They have been called the Vitamines and we know little about them except that they have the magic power of making your bodies grow.

The next child places a fitted cover of white oilcloth over all the sections, thus making it resemble a bottle of milk. On the top

was placed a paper cap like those on a Grade A bottle with a wire band holding it in place. On the front of the bottle the boys had lettered "Drink at Least a Pint of Milk Every Day."

This child said, as she fitted the cover:

"In order that these helpful little builders may give you their full share of work you must drink at least a pint of milk every day. You may drink this from a glass or take it in cocoa, creamed vegetables, or puddings."

The next child placed to the right of the bottle a raffia basket holding spinach, potatoes, carrots, beets, etc., all made of paper by the younger children in the school. (They are the early steps in hand work, leading to favor-making and flower-work.)

He said: "But to do their best work these milk builders need to work side by side with other workmen, one of whom is called Iron who helps to build red blood. You can secure his services by eating plenty of green vegetables and fruits. You will also find iron in eggs and meat."

The next child placed a similar basket to the left of the bottle, this basket containing paper fruits—apples, oranges, grapes, etc. She said:

"But you will have to have some workmen to keep your house in order while all these builders are at work. For this you call upon the Laxative Brothers by eating fruit and green vegetables so that your intestines and kidneys may be kept clean and active."

A simple poster representing a loaf of bread and a bowl of cereal, drawn by a pupil, was then placed behind the exhibit, and the next child said:

"Because active boys and girls need so much energy, you must further help the builders by eating plenty of bread and cereals."

The exhibit was then complete.

Another boy said:

"If you let all these helpful little fellows do your work, you will have a strong active body, and you will be up to weight for your height and age."

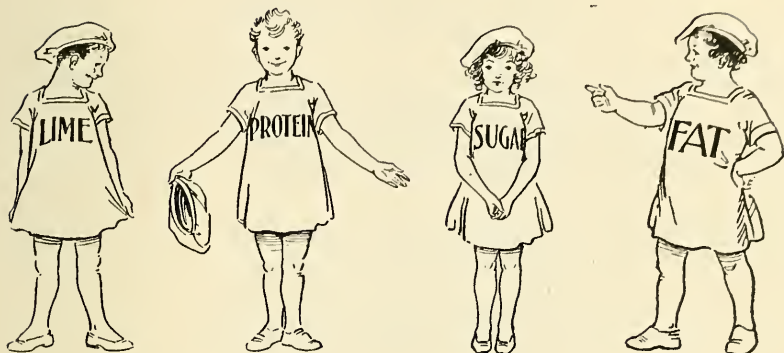
Then the children recited together:

"So—in our school the children all say, 'We will drink milk every day.' Hurrah for milk! Hurrah for Health!"

A boy then said: "We want to say that everything that we have shown here today was made in our school. The boys in our shop made the bottle. The boys in the lettering class painted the letters. A little boy made the poster and the younger children made the fruits and vegetables."

A girl said: "And let me add, in our school we drink 50 quarts of milk every day, during school hours."

THE KING OF FOODS



Child—

Oh, dear, I am so very tired,
I feel so frail and weak;
I never want to run and play,
But couch or bed I seek.
How can those children run about,
As if they trod on air?
I'd love to be as free as they
From worry and from care.
Oh! children! come and talk with me;
Tell me the secret sweet,
That makes you dance so joyously,
All up and down the street.

All—

Oh, we are merry builders;
We're happy all the day,
Because we know that as we build,
We're strong for work or play.

Child—

Tell me, I beg, what is't you build?
I see no tools about;
Why do you talk of building,
When you play and run and shout?

All—

Ha! Ha! but you are funny,
You do not understand;
We build up healthy bodies;
Train mind, and heart, and hand.

- All—* Come, let us call our carpenters
To tell their story here:
We'll charm this little brother,
And bring him joy and cheer.
- All—* Come, Protein, show the muscle
That comes by your good care;
Tell little white-face brother,
How he may find his share.
- Protein—* I dwell in lots of dainties
And goodies that you eat;
I make your play more joyous,
Put springs beneath your feet.
I build the pretty muscles
That clothe your body fair;
And here is Lime, my brother,
Who helps to make bones and teeth with care.
- Lime—* Oh, here comes jolly Fatty!
He keeps you warm and glad;
He laughs with glee to see cheeks swell;
But when they're thin, he's sad.
- He has a twin called Sugar,
Oh, isn't she most sweet?
There never yet was born a boy
Who would refuse such treat.
- Fat—* The Magic Triplets are coming,
They have such funny names;
The little Vitamines, they are;
They know some wondrous games.
- Child—* I'm very glad to see you all;
Now tell me what to do,
So I may run and play and grow,
As other children do.
- All—* What do you eat? What do you drink?
And how much do you weigh?
How tall are you? How old are you?
Listen to what we say.

Sugar—

Do you eat fruit and bread and grains?
Or would you pie and cake?
You never, never will grow strong
Unless good foods you take.

*Vitamine Triplets—*You must not let your body starve
For foods these builders need;
But you must choose the proper things,
And then they'll work with speed.

All—

Now, let us show the King of Foods!
Wherever he reigns is health;
He wears no crown of gold or gems,
But he brings the gift of health.

All—

He carries Iron, and Sugar, and Fat,
And mighty Protein, too,
And Lime for bones, and Vitamines,
Will you let him work for you?

Child—

I thank you, friends, for your kind help;
I'll go to work this day,
To live with this kind monarch
And all his rules obey.

Song

All—

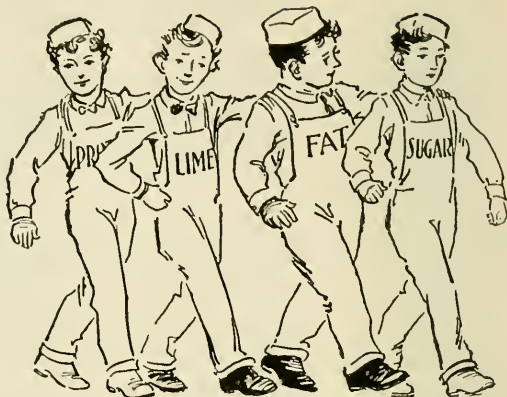
Here's to good pure milk,
Drink it down!
Here's to good pure milk,
Drink it down!
Here's to Milk, the King,
Who will health and happiness bring,
Drink it down, drink it down, drink it down,
down, down.



THE CARPENTERS' UNION

CHARACTERS

LILY WHITE (*a thin little girl*) — ROSIE MAID (*a plump little girl*) — PROTEIN — LIME — FAT — SUGAR — THE VITAMINE TRIPLETS — IRON — CHORUS OF 8 LITTLE GIRLS — CARPENTERS IN OVERALLS.



Little girls of chorus are playing carousel game—usual words except for following:

Ha, ha, ha! Happy are we!
Strong and well, as you can see!
Ha, ha, ha! Happy are we!
Strong and well, as we can be!
(*Enter Lily White*)

1st Little Girl— Here comes Lily White. How pale she looks!

2nd Little Girl— Come on, and play with us, Lily.

Chorus— Come on, Lily. Come and play!

Lily— You know I'd love to sing and play,
But I feel tired out today.
Why after school, it seems to me,
I'm just as weary as can be.
The other children all have fun,
And skip and jump and dance and run,
But mother says she thinks it best
For pale, thin girls like me, to rest.
(*Enter Rosie*)

3rd Little Girl— Oh, here comes Rosie Maid. How well and strong she looks!

- Chorus—* (To tune of *Water Wild Flower*)
 Doctor, doctor, can you tell
 What will make poor Lily well?
 She looks sick, 'most ready to die,
 And that would make her friends all cry.
- Rosie—* She doesn't need the doctor. She just needs the
 carpenters.
- Chorus (amazed)—*The carpenters!
- Rosie—* Why, yes, the carpenters. You know—the kind
 that build us up.
 Of course you know a good strong frame
 Is needed in life's busy game.
 A firm foundation of good health
 Is better far than fame or wealth;
 And iron blood and nerves of steel—
 How well they make a person feel!
 These mansions that we call "ourselves"
 Are just the work of a band of elves.
- Lily—* Oh, dear, oh, dear, I'd love to see
 The band of elves. Where can they be?
 (*Enter the carpenters*)
- Carpenters—* We're glad to come when children call
 We're at your service, one and all.
 We're Nature's workmen. We've a guild
 Whose work it is good health to build.
- 1st Carpenter—* I'm Protein. You've heard my name,
 And muscle-building is my game.
- 2nd Carpenter—* My name is Lime. The dentist knows
 Where all my expert building goes;
 I build strong teeth that never ache
 And bones too firm to bend or break.
- 3rd Carpenter—* I'm Fat, as you can plainly see,
 I provide warmth and energy.
- 4th Carpenter—* I'm Sugar. Don't you think I'm sweet?
 I, too, give energy and heat.

- 5th Carpenter*— I'm Iron, and from head to toe
My good strong work is felt you know.
I build a wall against disease,
I won't let toes or fingers freeze.
- 6th, 7th and 8th Carpenters*— We are the brothers Vitamines,
We're very merry lively triplets;
We do our work with magic stealth
And lay the cornerstone of health.
- Lily*— Oh, won't you come and work for me?
I need you very much, you see.
- Carpenters (together)*— We cannot do you any good,
Unless you eat substantial food.
- Lily*— I'm sure I eat good food for dinner,
And yet each day I'm growing thinner.
- Sugar*— I'm found in candy, cake, and pie,
But *I* can't make you well—not I!
- Protein*— I'm found in meat and eggs and fish,
But *I* can't do *all* that you wish.
- Triplets*— We're found in lettuce and many other foods;
But then we alone cannot build up fat.
- Fat*— I'll make you fat, but muscle, bone,
And blood *I* cannot build alone.
- Iron*— But if you want us all to build,
Why then, my dear, we have a guild.
We've formed a union strange to say,
That works for you all night and day.
- Carpenters (together)*— Dear child, if you'd be well and strong,
Why, to the dairy run along!
There's something pure, and sweet, and white
Will make you rosy, plump and bright.
Our union's name we need not say,
You'll know it when we stand this way!
(*Children in form of the letters M-I-L-K.*)



Rosie—

Yes, Lily, drink at least a pint a day,
Then you'll be strong and well and gay.

*(Exeunt, skipping, while Chorus sings, "Ha, Ha,
Ha! Happy are we," etc.)*

OUR FRIEND MILK

Happy children enter, dancing and romping. They stop suddenly as A speaks. Group of unhappy children sit in despondent attitudes.



A— My mother says I can't use my roller skates any more. She is tired of my breaking my bones when I fall down. (*A sits, arm bandaged, and in a sling.*)

Milk— Won't you let me help you dear, I have lime to build your bones so strong that they will never snap again. (*Milk stands back of group of unhappy children. She extends entreating arms.*)

A— Are you speaking to me Milk? If so, do not waste your breath. I don't like the way you taste. (*Milk looks rebuffed.*)

B— Oh, who cares for roller skates anyway? That is nothing to my troubles; the boys won't have me on the team. They say I am too small and can't throw the ball far enough. (*B, small boy, sits moodily with hands in pockets, looking disconsolate.*)

Milk— Too small! Oh, now I can help! Let me help you to grow and, if you will take me with plenty of brown bread, my cream and sugar will give you all the strength you want to throw balls. (*Milk looks eager and hopeful.*)

B— No baby foods for me. I am 13 years old. I will be a man in a few years.

C— A man! I don't like you boys anyway. You call me "Hello, Paleface" and I don't like it.

Milk— Paleface! Please let me be your friend. Take me with plenty of green vegetables and we will paint your cheeks red.

- C— White and green make red. Tell me another.
- D— I think this whole world aches with this old tooth.
(*D sits with face tied up.*)
- Milk— (*Each time looks eager at a new chance to help and then is disappointed.*) Dear child, your bones are so eager to grow they are stealing mineral from your teeth. Take my mineral.
- D— Bones stealing from teeth. Baby talk. Why don't you say Rock-a-bye Baby on the tree top?
- E— (*Sneezes*) I have had influenza and bronchitis and Oh my, now I am getting something else.
- Milk— Milk and colds are enemies.
- E— Yes, but both are my enemies.
- F— Oh, can't everybody stop talking. I am so sleepy. Every time I went to sleep last night I dreamed a bull was chasing me or that I was falling down a deep well.
- Milk— But I could build your nerves so strong that your sleep would be a beautiful trip to fairyland. Give up that dreadful tea and coffee and take me.
- F— Give up tea and coffee? Why the only time I feel like doing anything is just after taking a good strong cup of tea or coffee. (*Milk looks hopeless.*)
- 1st H. C.— I heard a grown-up say, "Some people won't believe a stone wall is hard until they bump their head against it." Now I know what they mean.
- 2nd H. C.— Don't you unhappy children want to know why we are happy children? Why we are jumping and laughing and running all the time while you sit there and say what you like and don't like and what you cannot do?

- Chorus H. C.*— We found there were fairies in milk. Yes, called vitamins.
- Srd H. C.*— And these fairies have made us grow and our teeth sound and our cheeks red and we are so strong we never are tired.
- All H. C.*— But it makes us sad that you won't play with us.
- B*— (*reluctantly*) Well, I don't know. It is not much fun sitting here looking at you play. I am going to see if what Milk says is true.
- All, A to F*— Are you? (*Strenuously.*)
- A*— (*slowly*) I wonder if mother has put my skates away already?
- C*— (*Looks in looking glass, rubs cheeks*) I know I would be pretty if my cheeks were red.
- D*— (*Determinedly*) Me for the dentist and milk, too.
- E*— Tea and coffee taste horrid anyway.
- F*— I do know enough to wear a warm coat on a cold day and surely I ought to know enough to drink milk if it will keep me from catching these horrid colds.
- Milk*— (*Stands very happy as group forms around her looking eagerly up at her*) Trust me, a pint at least a day.
- All, A to F*— Trust us.
- Happy*— Won't it be fun when we have them to play with us?

THE ROAD TO HEALTH

CAST

MRS. JACKSON.....	<i>A widow</i>	MRS. KING.....	<i>A friend</i>
FRANK.....	<i>Her son</i>	FRANCES KING...	<i>Mrs. King's daughter</i>
MOLLIE }	<i>Her daughters</i>	MISS BROOKS.....	<i>Frank's teacher</i>
KATIE }			

ACT I

*A Room in Mrs. Jackson's House — Time—Afternoon.
Mrs. Jackson sewing — Mollie lying on sofa—ill.*

Mrs. J.— (*going to sofa*) Are you feeling better, dear?

M.— No, not much, mother.

Mrs. J.— Well, I think we better have the doctor, although I don't know how I can pay him.

M.— (*Crying*) No, I don't want the doctor.

Mrs. J.— Well, don't cry. (*Enter Katie, unobserved, very downcast*) Why, Katie, I didn't see you come in. What's the matter, dear?

K.— Oh, mother, my report card, it's so poor. I tried so hard this month, but got only C in proficiency.

Mrs. J.— Dear, dear, dear, are you sure you tried hard?

K.— Yes, mother.

Mrs. J.— I wonder where Frank is.

K.— Oh, he has a poor card, too.

Mrs. J.— How do you know?

K.— I know a girl in his class. She told me. Oh, mother, I nearly forgot. Mollie's teacher called me in today and asked why Mollie isn't in school. She says that if she stays out very much more she can't get promoted. I don't think any of us will be promoted this term. (*K. and M. cry.*)

Mrs. J.— Dear, dear, dear. (*A knock at the door.*) Come in. (*Enter Mrs. King and Frances.*)

Mrs. J.— Oh, come in Mrs. King. How do you do? (*To Frances.*)
Sit down. (*Indicating seats for both Mrs. K. and F.*)

Mrs. K.— We are all well, thank you, how are you?

Mrs. J.— Not very well; Mollie, as you see, is sick, and I have just had discouraging reports from school. How are you getting along, my dear? (*To Frances.*)

F.— Oh, fine, I got A-A-A on my report card today.

Mrs. J.— That's good and you look so well, too. I wish my children looked well.

M.— I want a drink, mother. (*Mrs. J starts to get it.*)

Mrs. K.— Let Frances get it for her, Mrs. Jackson.
(*Frances gets glass of water. Molly pushes it away.*)

M.— I don't want water, I want coffee.

Mrs. J.— All right, dear, I'll get it for you.

Mrs. K.— Coffee! Surely, Mrs. Jackson, you aren't going to give that child *coffee*?

Mrs. J.— Oh, yes, she always drinks coffee.

Mrs. K.— No wonder she's sick! Why, coffee isn't fit for any child to drink. My advice to you is to give her a drink of milk. She ought to have at least a pint a day.

Mrs. J.— Milk is so expensive. I don't feel I can afford it. Everything is so expensive. If Frank didn't help me a little by working for Mr. Adams, the grocer, I don't know how I should get along. Besides, my children don't like milk.

F.— I didn't like it very much at first, either, but mother kept telling me if I wanted to have a big, strong body and a

big, strong brain, I must drink milk. Now, I love it and wouldn't give it up for anything.

(Enter Frank, very downcast.)

Mrs. J.— Oh, here's Frank. Well, Frank, can't you say "How-do-you-do, Mrs. King?"

F.— How do you do, Mrs. King? Hullo, Frances. *(To Mrs. J.)* Mother, I might as well tell you now, I got a bad report from school.

Mrs. J.— So Katie told me.

F.— And here is something that is still worse. Mr. Adams has turned me off. He says he can't put up with me any longer.

Mrs. J.— But, what did you do Frank?

F.— Mother, I can't carry those baskets of groceries. My arm gives out. I have to sit down and rest all the time. Mr. Adams says I am worthless.

Mrs. J.— Now, Frank, you could carry those baskets just as well as not. The idea of a big boy like you—

Mrs. K.—*(Interrupting)* Wait a minute, Mrs. Jackson, I think I see what is the matter. All of your children are too thin and pale and weak. I have often wanted to talk to you about it. Now, I am going to do so. Mrs. Jackson, I don't believe you feed your children right.

Mrs. J.— Why, Mrs. King, the idea! Certainly, I feed my children right.

Mrs. K.—Now, don't be angry. Let's look at this matter in the right way, Mrs. Jackson. Here you have three nice children, yet they are stupid in school.

M.— I get so tired that I can't study, so I get behind my class.

K.— So do I.

Mrs. K.—Here's Frank, a boy of 14—too weak to carry a basket of groceries upstairs. Why should the children be stupid?

Why should Frank be weaker than other boys? I tell you, Mrs. Jackson, they don't get the right kind of food. Now, I think I can help you if you will let me. It will do no harm anyway. Come now, let's try, will you?

Mrs. J.— Perhaps, but I don't think it's that. I am a good mother, Mrs. King, and I wouldn't give my children poor food for anything.

Mrs. K.—I know you're a good mother—it's just that you don't know how to feed your family. That's all. Now, let's begin. First, what did the children eat for breakfast this morning?

Mrs. J.— Why, we each had a hot roll and some coffee.

M.— I couldn't eat any rolls; I just drank some coffee.

Mrs. K.—Now, Mrs. Jackson, do you know that children have to work and work hard in school? Do you know that anyone who works hard must have good food and enough of it? Children have to work $3\frac{1}{2}$ hours in school every morning. If they don't have enough food for breakfast and the right kind of food, their bodies can't do the work the teacher wants them to do, and if the body can't work the brain can't either.

Mrs. J.— Well, my children are satisfied with bread and coffee and—

Mrs. K.—Mrs. Jackson, excuse me for interrupting you, but do you know just what coffee does to children's bodies?

K.— I know, my teacher says coffee has something in it very bad for children. She says it makes them thin and pale and nervous or something.

Mrs. K.—Right Katie. Coffee really is poisonous to some people, and doesn't do one thing to help the body get strong. Now, why not give the children something to make their bodies strong instead of weak? Milk, for instance. Katie and Mollie should each drink at least a pint of milk a day. Frank should have a pint and you should have a cupful yourself. That's about four pints.

Mrs. J.— And I only buy a pint a day. I am afraid the children won't drink it and it will be wasted.

Mrs. K.— Well, you can put it in the food—in cocoa, for instance, and, give them cereal in the morning with milk on it.

Mrs. J.— I am afraid the children won't eat cereal.

Mrs. K.— Come here, Katie and Frank and Mollie. You love your mother, don't you?

Children— Sure we do.

Mrs. K.— And want to keep her from worry, and make her happy?

Children— Sure we do.

Mrs. K.— Well, then, will you drink a cup of cocoa and eat a saucer of oatmeal every morning and bring a happy smile to your mother's face?

Children— Sure we will.

Mrs. K.— There, Mrs. Jackson, your children are willing. Will you begin tomorrow morning?

Mrs. J.— I guess I'll have to answer as my children did and say "Sure I will."

Mrs. K.— Will you let me help you get your breakfast tomorrow morning and also buy the things?

Mrs. J.— Oh, thank you, Mrs. King, I shall be very glad of your help.

Mrs. K.— Suppose we go now and buy some oatmeal, cocoa and brown bread for tomorrow.

Mrs. J.— All right—let's all go. Mollie ought to have a little air—she's been in the house all day.

Mrs. K.— Yes, indeed, fresh air and exercise are just as necessary as good food. (*All go out.*)

ACT II

*Mrs. Jackson's dining-room — Time—Next morning.
Mrs. King and Mrs. Jackson putting things on the table.*

Mrs. J. — It's very kind of you to come in and help me this morning, *Mrs. King.*

Mrs. K.—Oh, that's all right. I am anxious to see how the children act.

Mrs. J.— So am I. Come children, breakfast is ready.
(*Children come in and sit down at table.*)

M.— I want to sit by mother, Katie.

K.— Oh, all right.

F.— Oh, sit down and eat your breakfast. Girls are always quarreling.

Mrs. J.— Won't you sit down with us, *Mrs. King?*

Mrs. K.—No thank you, I can only stay for a few minutes.
(*Children begin to eat.*)

Mrs. K.—*Mrs. Jackson*, I wish you would let me help you get your dinner and your supper today, will you? You have only used up a part of your milk. Perhaps I could show you some way to use milk in food.

Mrs. J.— Why, yes, if you can spare the time.

Mrs. K.—I think I could tell you just what you ought to have for your meals. We could go marketing together. You know, the body needs certain kinds of food every day.

K.— (*Interrupting*) I know, the cooking teacher tells us we should eat cereals like oatmeal, cornmeal, and rice, bread and butter, eggs, all kinds of fat, and drink milk as well. Other foods like fish, dried beans, peas, and a very little meat, help to vary our diet.

Mrs. K.—Yes, and I hope she told you that fruits and vegetables must be eaten every day, in order to help keep the blood right and the body in good condition.

F.— Say, mother, I didn't know oatmeal tasted like this—it's good. Tomorrow morning I'll eat twice as much.

K.— I like mine, too.

M.— I don't like mine very much, but I'll eat it to please mother.

Mrs J. and

Mrs. K.—That's a good girl.

F.— (*Beginning to eat his bread and drink his cocoa.*) Say, mother, I think this is a good breakfast.

Mrs. J.— I think so, too, son. Now, let's all say "Thank you" to Mrs. King for helping us.

All— Thank you, Mrs. King.

Mrs. K.—I don't want any thanks; I just want to see you all well and happy. Now, I must go. Good-bye.

All— Good-bye.

ACT III

Three months later — *A room in Mrs. Jackson's house.*

Time—Afternoon — *Mrs. Jackson alone sewing.*

(*Knock at the door.*)

Mrs. J.— Come in. (*Enter Miss Brooks.*)

Miss B.— Is this Mrs. Jackson?

Mrs. J.— Yes, it is.

Miss B.— Well, I am Miss Brooks, Frank's teacher.

Mrs. J.— How do you do, Miss Brooks? Won't you sit down?

Miss B.—Thank you. (*Sits down.*) I was passing your house and thought I would come in to see you.

Mrs. J.—I'm so glad you did. I hope you are not having any trouble with Frank, Miss Brooks.

Miss B.—No—no indeed, Mrs. Jackson. I came to tell you how splendidly he is doing in school. He does his work well and he is so industrious, so different from what he was a few months ago. I felt I must come and tell you how well he is doing. I used to be so worried about him.

Mrs. J.—You make me very happy, Miss Brooks, by telling me all this. And yesterday I heard something else that made me happy. I met Mollie's teacher on the street and she says Mollie is getting along beautifully. And last month Katie had such a good report card. (*A knock at the door.*)

Mrs. J.—Come in. (*Enter Mrs. King.*) Oh, how do you do, Mrs. King? Come right in. Let me introduce you to Miss Brooks, Frank's teacher.
(*Mrs. K. and Miss B. shake hands and say, "How do you do?"*)

Miss B.—I have just been telling Mrs. Jackson how well her son is doing in school, and I was just going to ask her what has caused the change in him. Why, he is a different boy.

Mrs. J.—Miss Brooks, I am very glad, indeed, to tell you what has caused my children to change from weak and sickly children to well and active ones. My dear friend, Mrs. King, is really the one who did it.

Mrs. K.—Nonsense, Mrs. Jackson.

Mrs. J.—Yes, it was you. You see, Miss Brooks, I was feeding my children very badly. I gave them a great deal of meat and white bread; let them eat too many sweets, and allowed them to drink tea and coffee. My friend here told me if I wanted my children to be well, I must give them plenty of milk, brown bread and cereal. She

taught me that children must have plenty of fruits, either dried or fresh and lots of green vegetables. She showed me how to use milk in soups, and puddings, and with vegetables. Every day now we use 3 quarts of milk and we all feel better. Why, I feel ten years younger than I did three months ago.

Mrs. K.—Yes, and you look better, too. (*Enter Kate, Mollie and Frances talking.*)

K.— I gained a pound last month. How much did you gain, Frances?

F.— I gained a half a pound as I always do.

Children—Good afternoon, Miss Brooks, and Mrs. King and Mrs. Jackson.

Mrs. J., Miss B. and Mrs. K.—Good afternoon, children. .

Mrs. K.—How well Katie and Mollie look. Not much like that day three months ago. (*Enter Frank.*)

F.— Mother, mother! I have such good news! Mr. Adams wants me to work for him again after school and on Saturdays. He says he will give me \$5 a week. I have been doing errands for him lately without your knowing it, and he says he never saw such a change in a boy.

All— Oh, good, good, good, Frank.

Miss B.— Well, this is a wonderful change.

Mrs. J.— Yes, and we owe it all to Mrs. King. Come, let's all gather round her and give three cheers.

All— Hurrah! Hurrah! Hurrah!

YOUNG AMERICA AND THE MAGIC CARPENTERS

About 20 boys march in, carrying milk bottles in place of dumbbells, and give drill. As they finish and fall back into tableaux, a child crying vociferously, followed by its mother holding a glass of milk, comes in. Then follow three pretty, tiny girls.

Child—(Sitting on stage and kicking and yelling) I hate milk! I won't drink it. It makes me sick!

Mother—(Petting child) Come dear, drink your milk. It will make you healthy like these pretty little girls. (Turning to three little girls) You drink milk, don't you?

Three little girls sing. (Singing)

*"Evening light in the pasture land, twinkling, twinkling,
Down we go with our pail in hand,
Mary, Mollie and I.
Soft and warm is the milk we take every morning
When the children begin to wake,
Mary, Mollie and I."*

Leader of the Drill—(Stepping out) What is this? A child in this land of America who is not anxious to become a physically perfect citizen? Impossible! She is so undeveloped that she does not understand. Why, milk has a power beyond all other foods to build strong bodies for boys and girls. Every time, little girl (child stops whimpering and looks at him) you drink a glass of milk, you are really setting to work my fine magic little carpenters. Forward! my

Magic Carpenters! Tell this silly little girl who you are.

(The Magic Carpenters march in.)



*Protein
Lime
Fat
Sugar
Magic Triplets
Iron
Laxative Brothers
Bread and Cereals
100% Good Health*

(With arms locked they sing. Tune "Busy Bee, Come and Tell Me," page 52, New American Music Reader I.)

Song—"Little girl, come and tell us, pray why are you crying,
Tell us now are you trying to eat right and to grow?
Are you going to the garden where flowers are blooming,
There to drink your sweet milk in the bright sunshine?"

Child—Who are you?

Magic Carpenters—We are the Magic Carpenters, the expert body builders.

Protein—(*Stepping out*) I am Protein, one of the carpenters who builds muscle and brings you energy and vitality for work and play. You find me in the thick curd of sour milk and in cheese. I am also in meat, but remember, I do better work when I live in milk bottles than when I come from the butcher shop.

Lime—I am called Lime or Calcium, and I help build strong bones and firm white teeth. (*Shows teeth*)

Fat—(*Smiling*) I am a merry little carpenter, and I help to keep you warm. I give you energy to work and play like Protein does.

Sugar—(*Putting her arm around Fat*) I help Fat.

The Magic Triplets—We are very mysterious carpenters. We work as if by magic. No one knows much about us. Men call us Vitamines. We help to make you grow and grow and grow!

Iron—These milk carpenters need me. I am Iron. I help to make good red blood. You will find me in green vegetables and fruit. Eat plenty of them. You will also find me in eggs and meat.

Laxative Brothers—We are the body's housekeepers. We do our work through the green vegetables and fruit' We are very, very important! When you feel very, very blue, and think that the world is all wrong, why just remember us and the work that we do and let us help you.

Leader of the Drill—Here are some children who seem anxious to speak to us. Who are you?

100% Child—We represent the children who are trying to be 100% physically perfect. Mollie and Sam have made up their own speeches. Come on, Sam.

Sam—(Original speech) What does it mean to be 100% perfect physically? The answer is, "To feel fine and good all over and ready for anything." The 100% perfect boy feels so full of life and energy that he wants to work as well as play.

In a crowd of boys one can easily pick out the 100% perfect boy. His skin is clear—his cheeks are rosy—his eyes are bright—he is well built and has good posture. All his actions are full of energy.

Anyone can become 100% perfect if he obeys a few simple rules. First of all, you must have plenty of sleep in a room where the air is fresh. Exercise regularly in the open air each day. Keep the body clean. Do not play in the house but get out into the fresh air. But possibly the most important factor in the making of the body strong and well is food. Good, wholesome and simple food every day with plenty of water between meals helps in building up the body, and in keeping it in good condition.

Do you know what is good wholesome food for you and me? Milk is the best food for all of us. Milk gives half the power we have in our body. A child that drinks milk today is a healthy man tomorrow.

I am making myself a better citizen—then if my country needs me, I shall be physically prepared. Cho Cho says, "On the health of the child today depends the health of the commonwealth tomorrow." So, boys and girls, men and women, let us all try to be healthy, fine Americans!

Mollie—People of America! It is your duty to keep your children healthy! Why give them tea and coffee when we know they are harmful? Why not give them the right kind of food that will make them healthy and make them grow into the finest citizens? And do you know that your children will do much better work now at school if they are fed right?

If there should be a war in the future—and I hope there will not be—will a large percentage of our boys be rejected because you have not fed them correctly? No! Not if we all do our duty and eat the right kind of food.

What is one of the most needed foods for children? Do you know? Well, I shall tell you. It is milk, milk, milk, and plenty of it!

Mother—Well, it seems to me that the children of America are certainly blessed that they have good milk to drink!

Child—Would I look like those pretty little girls if I drank my milk?

Mother—Yes, child.

Child—Well, I want my milk now, and I want more tonight.

Mother—Come over here in the flower garden, in the sunshine, to drink it.

Twenty-five girls, dressed in white, carrying large sunflowers, which may be made of paper, dance in. They dance "Reap the Flax." As they dance the four little girls play in among the dancers.

At the end of the dance all the performers pass out to music.

A DAY IN HAPPYLAND

PROLOGUE

CHARACTERS



SPIRIT OF PROGRESS — PURITAN FAMILY OF 1620 (*Father, Mother, Two daughters, Tableau, 1620*) — FAMILY OF 1820 (*Mother, Two daughters, Tableau, 1820*) — GIRL WHO INTRODUCES 1920.



SCENE I.

LITTLE GIRL — FAIRY — MOTHER BUXOM — FIVE GIRLS (*Mother Buxom's children*) — MRS. GROUCH — FIVE BUTTERFLIES — FIVE BUMBLEBEES — CLOWN,—CHO CHO.

The costume of Progress is of rainbow-colored crepe paper ribbons and she carries an electric lamp. The Puritan Mother and Daughters wear dark dresses and white caps, kerchiefs, cuffs and aprons. The Father wears bloomers and woolen stockings, a leather-colored coat with dark sleeves, buckled hat and shoes. The short-waisted dresses of the 1820 Mother and Daughters should be of any bright colors. White stockings and kerchiefs are worn and the Mother should have a thin-ruffled cap. The Girl who introduces 1920 should be fashionably dressed. The Fairy could be dressed in pink and blue cheese-cloth with paper wings. Mother Buxom should look very neat in a simple wash dress and fresh apron, while Mrs. Grouch is rather untidy. The Butterflies wear gray brown stockings and dresses in either cheese-cloth or crepe paper with huge brightly colored paper wings. Directions for making these and the wings of the Fairy and Bumblebees may be had at any first-class stationery paper store. The Bees have dark brown or black stockings, jerseys and trunks with little yellow boleros, covering their entire backs. Cho Cho has a black cap, red wig and red and green diamonds decorating the waist of his white suit.

Time necessary to give play, 30 minutes.

Number of characters 29.

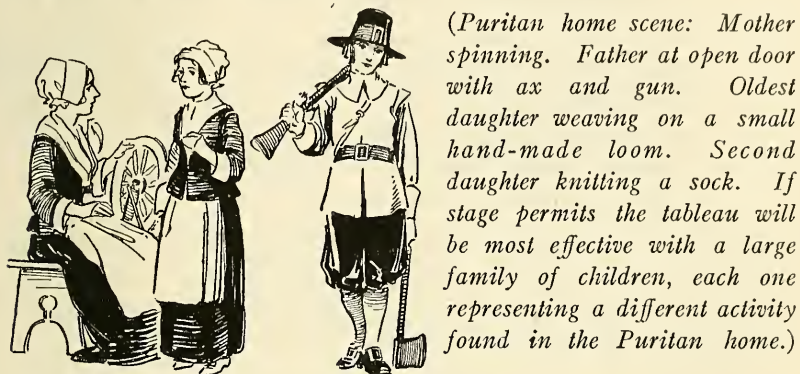
PROLOGUE

(Spirit of Progress carrying a torch enters from the back of the room and walks through the center aisle to the stage.)

Spirit of Progress—"I am the Spirit of Progress. From the beginning have I dwelt in the hearts of men and inspired and led them. Where I pointed men pressed forward, braved peril and sickness, death and disaster, nor counted the cost, feeling no price was too great to pay if it brought new opportunities and greater happiness to their children.

"In 1620 I pointed the way across the broad Atlantic and the Puritan, firm of purpose and relentless in zeal, embarked on the stormy voyage, landed in the wilderness and with courageous pluck and perseverance built a home for his children."

Draws curtain—TABLEAU.



(Puritan home scene: Mother spinning. Father at open door with ax and gun. Oldest daughter weaving on a small hand-made loom. Second daughter knitting a sock. If stage permits the tableau will be most effective with a large family of children, each one representing a different activity found in the Puritan home.)

Spirit of Progress explains while tableau is being shown.

"Happiness was there but this was sometimes overshadowed by the constant toil that was necessary to provide for the family.

Seeds had to be planted and harvested. Flour and meal had to be made from the grain. Sheep had to be raised and the wool sheared, spun and woven into cloth. Socks had to be knit. Hides had to be tanned into leather for shoes. Tools had to be made. Houses had to be built. Wild animals had to be killed, and all these things a single family had to accomplish,—

(Draws curtains on tableau)

but the Spirit of Progress influenced men's minds and new ideas came to them. Machinery was invented and the toil of the home grew less. Behold 1820.

(Draws curtain, shows home scene in 1820)

*(Mother making a cotton dress for child, elder daughter sewing—
younger child studying.)*

Spirit of Progress—

"From the sunny southland came the bales of cotton,
A new machine had just been fashioned,
Which could take out seeds and leave the fibre,
And could do it very quickly.
And a machine to spin these fibres
Into cotton threads for weaving,
Was invented in old England.

Power looms were made to do the weaving,
Maidens no longer worked the shuttle
But an engine run by water
Wove the cotton oh, so swiftly.
Thus were factories built for labor
Which now left the home forever.

Up the Hudson sails a steamboat
And a railroad has been planned for,
So materials from the factory
Can be carried to the family.
Thus the home of 1820 is a scene of greater leisure.
(*End of Tableau—Draws Curtains*)



Happiness was there but all was not well; ignorance and sickness still dwelt with men and when they are present happiness flees.

These must be overcome so the Spirit of Progress still leads on and men must follow where she leads." Progress goes out.

Girl recites:

"This is the year 1920. We have turned the pages of history back and caught a glimpse of the life of 1620, then we skipped the volumes containing the record of two hundred years, and opened again to a picture entitled 1820. We are now on the threshold of a new century. Our stage is too small to illustrate the life of 1920. One needs only to cross the street to see:

Railroads
Telegraphs
Telephones
Wireless Telegraphy
Electrical Appliances
Automobiles
Aeroplanes

Can you imagine living in New York with none of these things? As a result of these inventions the home no longer produces its own supplies but they are brought to its door from every corner of the earth and are ready with very slight alterations for immediate use. Girls of today would feel misused if they were required to perform the tasks which fell to the maidens of 1620, and 1820 would not suit them much better. The inventions of the last hundred years have added greatly to people's comfort and many discoveries have been made about the laws of health. The people who use this knowledge are wiser and happier than ever before. To prove that this is so we ask you to go with this child to spend a day in a home in happy land." *Girl draws curtain then passes out.*

SCENE I. (*Girl curled up in an easy chair talking to herself*)

Girl— Dear, dear, I'm glad the war is over but I do miss working for my country. I used to feel so patriotic and now there is nothing to do.

Enter Fairy from rear—dances down aisle chanting:

Fairy— People bad—People sick,
People poor—People thick,
This is no place for me—for me—
I'm off to the land of jollity.

Stops before little girl.

Ah, little Miss,
Watch this wand
See happiness!

Curtain is drawn (Mother Buxom is shown getting breakfast for children five.)

Mother Buxom now arrives
Getting breakfast for children five.

Enter Mrs. Grouch, a sour, forlorn looking woman.

Mother Buxom—Why, good morning, Mrs. Grouch, you must have gotten breakfast very early for your family.

Mrs. Grouch— (*crossly*) Breakfast nothing, they get their own breakfast.

Mother Buxom—My children do too, but while they are taking their baths I get things started.

Mrs. Grouch— Bathe every day, what an idea, *whiningly*. My children don't go to bed at night and they are so sleepy in the morning that they can't get up until about five minutes before school time—then they drink a cup of coffee, cut off a chunk of bread and run. My children are always sick and don't have any appetite. How is it your children are so healthy since they moved up here?

Five butterflies fly in and fly around. They repeat in concert several times to Mrs. Grouch:

Why be sick? It costs money to be sick, and it's no fun besides.

Butterflies fly out.

Mrs. Grouch— (*weeping*) You are making fun of my troubles,
Mother Buxom.

Girl comes in to back of stage and begins setting table. Mother B. goes and sits down by Mrs. G.

Mother Buxom—Sister Grouch, you listen to me. I've lived in this land of happiness two years now and happy years they have been; not for worlds would I live anywhere else but I never would have found a house in Happy Land if butterflies and bumble bees had not guided me to it. Listen to what they say.

Enter five bumble bees—chant together.

Five bumble bees—Here I come humming—the velvety bee
Busy as ever as you can see.
(*Bumble bees give a dance*)

Mother Buxom—Bumble bees, tell Mrs. Grouch what she must do to live in Happy Land.

Each bumble bee buzzes to two posters. Reads them and buzzes back—the last poster they say together. Then buzz out.

Note.—Ten posters illustrating health rules and containing appropriate titles had been hung in conspicuous places about the stage. The following are the jingles. Any picture which illustrates the title will do.

Posters read by bumble bees.

1. Windows open all the night
In our bedrooms airy;
Give us all an appetite,
For our breakfast early.
2. A bath a day is our way.
3. Milk is better than meat.
This child drinks at least a pint of milk a day.
4. No coffee for him
Milk gives him vim.
5. Thus saith Dr. Lusty—
Oatmeal makes kids husky.
6. Clean teeth are pearls of priceless worth.
7. What we seek is a shampoo a week.
8. Fresh air and exercise
Make rosy cheeks and bright eyes.



9. Fresh fruits and leafy vegetables every day!
Make us strong for work and play.
10. Is your child building a strong, healthy body by drinking at least a pint of milk a day?

Mrs. Grouch— Sakes alive! Mother Buxom. Now aren't those butterflies odd. Don't tell me your children follow all that advice?

Mother Buxom—Here come the children. I will let them speak for themselves.

(Four children of different ages run in. The girl who has been setting table and preparing breakfast joins them as they hand in hand dance around chanting)

Children to

Audience— Five merry children here are we,
Healthy and happy as we can be;
Fresh air and bath may make you squeal,
But it makes us crazy for our oatmeal.
Good morning, mother dear.

Mother Buxom—Good morning, children, come to breakfast. Mrs. Grouch won't you join us?

Mrs. Grouch— No, thank you, Mother Buxom, I've had my breakfast.
(Family seat themselves at breakfast table and serve breakfast.)

MENU: Baked Apples, Oatmeal, Toast, Cocoa.

(Table tastefully set and served in simple but good taste.)

Mrs. Grouch— My children would all fight if they sat down together.

Butterflies fly in chanting, walk around Mrs. G. twice.

Butterflies— Oh, what would a cross patch's breakfast be
—A hard-boiled egg and a cup of tea. *(Repeat)*
(Repeat several times then prance off the stage.)

Mother Buxom—They mean, Mrs. Grouch, that such a breakfast makes cross patches. We have found that fruit is always appetizing the first thing in the morning. Today we are having baked apples.

(Girl removes baked apples and fruit dishes, then oatmeal is served. While fruit dishes are being removed all the girls recite together.)

(Children hold up dishes containing baked apples and recite)

Children—

Fruit for breakfast is very good,
It makes us relish the rest of our food;
It contains mineral matter and
So it helps to make our machinery go.

Mother Buxom—Mary, tell Mrs. Grouch some of the things which you have learned in school about foods and how that knowledge has helped us to plan breakfasts which keep all the children healthy.

(Mary gets up from the table and goes over and seats herself in front of Mrs. G. Family is eating oatmeal while Mary is reciting.)

Mary—

During the war a large percentage of the men examined for service in our Army were found to be physically unfit. Health surveys of the children in some of our large cities have been made and a great number of these children have been found to be undernourished and undersized. In most cases this condition has not been due to lack of food nor because of lack of money to buy it but because these children, rich as well as poor, were not getting the right kinds and right amounts of nourishment. Food must do these things for the body:

It must keep the body warm.

It must give one strength for work and play.

It must keep the machinery of the body working right.

It must repair worn-out parts and make the body grow.

Doctors and scientists have proved that every day a person must eat some fruit and vegetables, some cereal, drink plenty of milk and eat some fat like butter. Other foods such as meat, fish and eggs may be added but without the first mentioned the body will not keep healthy. My mother gives us these foods every day so we have become strong, merry girls and we live in Happy Land.

(Mary returns to table, a girl removes cereal and places cocoa and toast on table. While she is doing this children at table recite in concert.)

Children—

Cooked Oatmeal served with plenty of milk supplies both energy and building material. Eat them for breakfast and watch your cheeks puff out.



Mother Buxom—Susie, tell Mrs. Grouch why we have cocoa and milk for breakfast instead of tea or coffee.

(*While Susie is reciting, Mother B. serves cocoa and toast is passed.*)
Susie comes forward and tells the audience:

Susie—

Once upon a time Happy land was Unhappy land and I will tell you why. Many of the inhabitants were unhealthy. Then almost every child drank tea and coffee and didn't like milk. They were cross and nervous and didn't do well in their lessons. One night what do you think happened? You'd never guess. A star shot out of the milky way and fell down, down and landed right in the park in the center of the town. All the people rushed there and what do you suppose they found? Standing in the middle of a plot of grass was a cow! She must have ridden there on a meteor! It was the cow that jumped over the moon! This was a very queer acting animal. She wouldn't have jumped over the moon if she hadn't been. That night she broke into a grocery store and got a bag of tea and coffee on each of her horns and threw it up in the air and it went back over the moon to the place she came from. In day time this cow ate grass and gave milk like any other cow but moon light nights she went prowling around looking for tea and coffee. She always found some and threw two bags at a time over the moon and she never stopped until the children gave up drinking them and took milk instead.

As soon as they did that they slept nine hours every night and with their windows open and their cheeks grew rosy and they did better work in their lessons, too. When the cow saw this she also went to bed and slept as she should. Now Unhappy land is Happy land where only the grown-ups take tea and coffee and the children under five have at least a pint of milk a day because it supplies practically all the materials which their bodies need. Even at twenty cents a quart it is cheaper than meat and much better for them. The children who don't like milk, drink cocoa made with milk just as we are doing this morning.

Children hold up cups of cocoa. Susie goes back to the table. The children fold napkins and all rise and say:

Childdren— A very nice breakfast mother dear,
We will brush our teeth and smooth our hair,
Then take our books and go to school,
For tardiness is against our rule.
(Children go out)

Note.—The Butterfly and Bumble Bee dances were taught by the physical education teachers.

Mother Buxom to

Mrs. Grouch—Here come the butterflies bringing a message to us.

Mother Buxom and Mrs. Grouch sit down and watch the butterflies give a dance. When it is over they fly off and a clown enters from the back shaking his tambourine and prances down the center aisle calling:

Cho Cho— Cho Cho says and Cho Cho knows
That if you do as these rhymes say,
Eat and drink and bathe and play,
And sleep in the good fresh air,
You will surely be happy and gay.

Clown runs up to Mother Buxom:

Cho Cho— Mother Buxom—you're no dunce,
Get those children a good lunch;
Something easy to digest,
LEAVING TIME FOR THEM TO REST.

Spies Bumble Bee with tray in back and calls:

Cho Cho— Aha! Bumble—fly this way,
What have you upon that tray?

Bumble Bee comes upon stage and shows tray with lunch to Mother Buxom and Mrs. Grouch.

Bumble Bee— Here's a bowl of pea soup
With butter and bread,
This can be eaten quickly
With nothing to dread;
Then a glass of milk
And a ginger cake,
Eaten more slowly
Will give you no ache.

Bumble Bee sets tray down and stands back.



(*Cho Cho sees a butterfly in back of room with another tray and calls:*

Cho Cho— Butterfly upon the wing,
 Show us all the foods you bring.

Butterfly brings tray down center aisle and goes upon stage to Mother B. and Mrs. G.:

Butterfly— Dinner, dinner do you wish
 Baked potato, spinach, fish,
 Cornstarch pudding with sliced fruit,
 Such a dinner ought to suit.

Sets tray down and dances out behind Cho Cho. Cho Cho beats tambourine, prances and dances, chanting his way out:

Cho Cho— Oh happy land, oh happy land,
 That's the land for me and you—
 We don't get the stomach ache
 From eating too much pie and cake.
 We do get our problems right
 We do work with all our might,
 We are happy day and night,
 And we wish the same to you.
 Our motto's "keeping fit"
 So each one can do her bit.
 Fixing this world's quite a trick,
 You can't do it if you're sick;
 And it's up to me and you!
 Come join our healthy band,
 Make this a happy land,
 For it's up to me and you!

Goes off followed by butterfly and bumble bee.

Mrs. Grouch— I wonder, if I taught my children to do what Butterfly and Bumble Bee and Mother Buxom have told me we might move to Happy land. I'm going home to try. (*Fairy draws curtain*)

Girl— Oh fairy, you heard me say that I missed the war work. (*Jumps up, seizes fairy by the hand and says:*) Hurrah! I'm going to start a health campaign. Come, let's drink to the health of every child in the U. S. A.

Fairy— In the world!

Girl dances to the table where there is a bottle of milk, pours out two glasses, gives one to fairy and says as they touch glasses:

Both— Here's to every child in the U. S. A. May each do her bit to make the world a happy land.

EPILOGUE

Spirit of Progress—(Standing in the back of the room holding a torch)

Now it came to pass when all these things had been accomplished there were many happy homes in the land but injustice and discord were still present so some families still suffered. Then men peered forward and beheld the torch of Progress gleaming on the horizon and her clarion voice came ringing down from the far-distant future, saying:

"Hail citizens of strong bodies and clear minds,
Search for new knowledge and you shall find it;
Try new experiences—thus will you learn how to overcome your difficulties:

Ask your neighbor's aid and give him yours; so shall all men work together to make this earth a pleasant place in which to live."



THE MAGIC MILK GAME

CHARACTERS



EVERY CHILD — HEALTH CHILD — MILK, *dressed as a magician* — THE INHABITANTS OF "MILK LAND" (*Each wears a poster bearing a cow and their name*) — PROTEIN — FAT — SUGAR — LIME — VITAMINES (3 children).

Every Child— Oh, dear! I have tried so hard to get a place on the school baseball team, and yet I failed because I am too light. I wonder how I can gain weight.

Milk— Ha, Every Child, it's a great game—gaining weight. Not hard if you really know how.

Every Child— What is this game? Perhaps I know it.

Milk— The Milk Game!

Every Child— The Milk Game! Ha! Ha! Ha! Ha! Ha! Ha! That is only every baby's game.

Milk— No, no, Every Child, it is not only every baby's game, but every child's. I am the great magician, Milk. I have power beyond all other foods to build the bodies of boys and girls. Let me show you my great power. With my magic wand, I will call my helpers from "Milk Land."

Every Child— I am ready. Show me the wonderful people of your land.

(*Milk waves his wand. Protein, Fat, Sugar, Lime, and the Vitamines come in, form a line facing the audience, and say together*):

We are the magic inhabitants of "Milk Land."

(*Then each steps forward in turn and speaks*)

Protein— People call me Protein. I bring you energy and strength for your work and play. You find me in the thick curd of sour milk and in cheese.

Fat— Folks call me Fat. I give heat to help keep you warm.

Sugar— I am called Sugar. I work with brother Fat, to make you warm and strong.

Lime— Lime is my name. No one can do without me. I am necessary to every child in order to have strong bones and firm, white teeth.

Vitamines— (*together*) We are the little mysterious triplets. We have the magic power of making the body of every child grow.

Milk— My helpers stand before you, Every Child. You need them all—Protein, Fat, Sugar, Lime, and the Vitamines. Do you not think they are wonderful players?

Every Child— How is the "Milk Game" played?

Milk— Take at least one pint of milk a day. Drink me alone, or take me in cocoa, creamed vegetables or puddings. I am ready for your answer.

(*Health Boy walks in and stands besides Every Child*)

Health Child— Just look at me. I have always played the "Milk Game."

Every Child— I choose you, Milk, for my weight gainer. (*Turns to audience*) I promise that the magic "Milk Game" will be played every day by Every Child.



MARY'S VEGETABLE GARDEN

This play was given in a foreign district. The mothers helped the children by loaning them the aprons, shawls and other garments which they had worn as children in the other countries. The play was used to introduce the eating and naming of vegetables and was followed by vegetable lessons in the Domestic Science kitchen in which the children related the use of foreign vegetables with those peculiar to America.

CAST

THE STORY TELLER — MARY — YETTA — ANNA — VINCENZA — SULTANA.

The Story Teller—(bowing to the audience) I am going to tell you the story of Mary and her vegetable garden:

Mary, Mary, not contrary,
Goes to market each day
On the sunny side of Stanton Street,
Just across the way.

(*Mary enters with basket of vegetables*)

Mary— (to all) Good morning.

(*Yetta enters*)

The Story Teller—Here is Yetta, Mary's friend from Russia.

Yetta— Oh Mary, what gives you such rosy cheeks?
You never look pale or faint.

Mary— With good food and plenty of exercise
I never need to use paint.

(*Anna enters*)

The Story Teller—And here is Anna from Roumania.

Anna— Oh, Mary, what makes your eyes so bright,
And why is your face so fair?

Mary— I go to bed early and sleep nine hours
And get plenty of good fresh air.

(*Vincenza enters*)

The Story Teller—Here is Vincenza from Italy.

Vincenza— Oh, Mary, what makes your step so light,
And how do you keep so well?

Mary— With good food and drink and habits right,
There's nothing more to tell.
(*Sultana enters*)

The Story Teller—Here is Sultana from Turkey.

Sultana— Please, Mary, tell us what food you eat.
And tell us how you buy.
We want to keep well and have rosy cheeks,
And we'll promise you we'll try.

Mary— I buy each day some carrots and beets,
To keep my complexion clear;
While you use your pennies to buy some sweets
You're very foolish, my dear.

When too much starch my food contains,
I change to beans and peas
Lettuce and onions, too, are good,
And all such foods as these.

Yetta— But we like candy and other sweets
Mary, don't you eat these?

The Story Teller—But Mary, perhaps contrary now,
Said—

Mary— Only vegetables, please.
(*Mary shares her vegetables with her little friends who stand in a row facing the audience*)

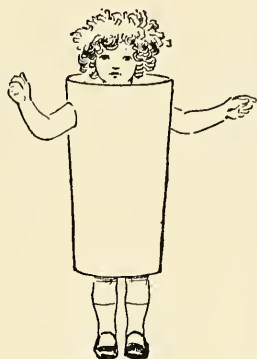
The Story Teller—They filled their baskets to the brim,
With all nice things that grow;
Like Mary, they'll all have rosy cheeks,
These pretty maids all in a row.

Then together they all tripped gayly along,
And Mary led the way,
While the vegetable folk stood up in their carts
And cried "Please buy us today."

(*All leave stage skipping and humming a song.*)

(*Story Teller bows and leaves stage.*)

THE STORY THE MILK TOLD TO ME



Did you have a drink of good, sweet milk this morning? Yes! Well, so did I, and let me tell you the story it told to me as it stood, white and creamy, in the tall glass. You see, just as I was lifting it to my lips, it looked so foaming and fresh, that I said:

"Good Milk, do tell me where you came from before the milkman brought you to me?"

The milk bubbled up a little, then settled down quietly and said:

"Yes, I will tell you about it. Before the milkman brought me to you I stood in a bottle, with ever so many other bottles, in a dark, cool ice-box in the milkman's shop, where we shivered and grew very cold."

"Then that is what makes you so cold now, is it?" said I.

"Yes," bubbled the milk. "Well, before I lived in the milkman's shop, I was swimming around with ever so much other milk in a very large milk-can, out in the country, waiting to be bottled and carried to the city."

"Oh!" I interrupted, "I didn't know you came from the country. Do you grow on trees or in the ground?"

The milk laughed so hard and shook so, that it almost spilled itself over on the tablecloth, and I was afraid it would break the glass. As soon as it could speak again it said:

"Dear me! Didn't *you know* that before I was put in the milk-can I came right from the old Bossy Cow, who stands in the meadow by the river, chewing her cud? But before that, and before I was

white, creamy milk as you see me now, I grew tall and green on the river bank. No wonder you look astonished. Yes, I was grass for the good old cow to eat."

"And before you were milk, you were grass? How funny! And before that?"

"That is a long story," rippled the milk.

"But where do you go after I drink you?" I asked.

"Oh! after you drink me," answered the milk, "I change into rich, red blood, to make your body grow strong and healthy."

"Dear, good milk," said I, as I once more lifted the glass to my lips, "then I won't say good-bye to you before I drink you, but I will thank the good cow for giving you, and the kind milkman for bringing you to me."

DR. MILK BOTTLE



Dr. Milk Bottle should be dressed in a white bottle-shaped gown made over hoops to represent a bottle of milk. The aids should be dressed in white, all their movements must be quick and their tones business-like. The four girls should be dressed as school girls. Mary is tall, thin and pale. A second girl, healthy, red-cheeked and happy, but otherwise as much like Mary as it is possible to find her, must be ready to represent Mary after Dr. Milk Bottle's treatment. The roll of honor is made of cardboard. "Physically Fit" is printed at the top. There are lines for four or six names. In the lower right-hand corner is an enlarged copy of the milk carpenter, and in the left-hand corner a milk bottle with face, arms and legs to represent Dr. Milk Bottle.

(Enter bright and happy girl swinging her books. From the opposite side of stage a tall thin girl, listless in action and speech.)

Helen— Come up to the park with me, Mary. Junior A's are going to practice for tomorrow's athletic meet. Watch us get ready to win!

Mary— I can't. I'm too tired.
(Ruth and Lillian, happy and enthusiastic, rush up behind them and join in the conversation.)

Ruth— I tell you! Go home, drink a glass of milk and rest up a while. Then come and see me win the swimming race—4 o'clock sharp.

Mary— Oh, I haven't time! It takes me so long to study. Besides, I hate milk. It doesn't agree with me.

Lillian— There must be something the matter with you then. Why don't you see Dr. Milk Bottle?

(*Dr. Milk Bottle enters*)

Dr. Milk Bottle—Who's calling me? Dr. Milk Bottle! Dr. Milk Bottle! Dr. Milk Bottle! That's the cry all day! Well, here I am. I'm a busy man. Where's the patient.

Helen,

Ruth, Lillian— Here she is!

(*Mary looks alarmed, backs away, and in frightened, halting tones addresses Dr. Milk Bottle.*)

Mary— I-I-I'm very well, thank you. P-p-p-please don't come any nearer. I'm glad to see you Dr. Milk Bottle. Good afternoon, sir.

Dr. Milk Bottle—You girls run along. Have a good time. Well, now, Mary, I'll call my aids in to examine you. Something wrong, Mary, something wrong.

(*Aids rush in and without further orders put Mary through a quick physical examination. They sound her chest, examine her posture, test her muscles, look into her eyes, and make her poke out her tongue. Mary objects in her own weak way.*)

Protein— She's flabby. Notice these poor little muscles. Sure sign she has no energy, little vitality. A lack of protein and other aids, sir. Give her cheese and teach her to like the thick curd of sour milk—finest stuff in the world—full of protein.

Lime— Growing too fast, Mary, but not strong enough. Build both ways—tall and strong; take care of bone material—get the very best lime. You'll find full quantity and quality in every glass of milk. Let's see your teeth. A good set. Take care of them. Plenty of lime! Finest thing in the world, sir.

Fat— Hands cold; eyes lifeless, posture listless and drooping. Why, you're as thin as a rail! You need fat—fat, that's the stuff! Eat bread and butter—never mind the price. It'll pay! And I say, Mary, drink milk, whole bottlefuls! That'll make you fat.

Dr. Milk Bottle—Drink your milk slowly, Mary. Don't gulp it down. A pint a day, at least. Come on, Sugar, this is a nice girl. I want you to help her.

Sugar— Ever stop to taste the sugar in a glass of milk, Mary? It's there—a smooth, creamy sweetness—fat and sugar in milk! Drink milk and still more milk. Why, Mary, you'll wake up and make the world hum!

(Mary points to the triplets who are dancing merrily around her.)

Mary— Who are these? How happy they look!

Dr. Milk Bottle—Nobody knows much about them, but they are called the Magic Triplets—the Vitamines—and they are your very good and much needed friends.

Triplets— We've been busy with you all right, Mary. You've grown. That's our work. But we need more lime, fat, sugar and protein to carry out our plans for you. Get a greater quantity of these things on hand by drinking more milk—eating green vegetables and fruits and custards. Milk in any form and all forms will build you up—strong and healthy—a lover of work, a good sport.

Dr. Milk Bottle—I certainly want all you little carpenters to get to work on her.

(Mary shows great signs of alarm.)

Mary— Please Dr. Milk Bottle, don't let them cut me up and hammer nails into me. I-I-I like you, Dr. Milk Bottle.

(Dr. Milk Bottle becomes gentle and sympathetic.)

Dr. Milk Bottle—Why, my child, we build—we don't tear down. I've been looking at that bit of color on your breast—a piece of Old Glory—and I've decided to make you fit to wear it. Want to be a good American, I take it?

Mary— If you please, sir, my father has taken out his papers; he is a citizen, so I am an American.

Dr. Milk Bottle—Yes, yes, yes! But a good American must be strong in body and mind. He must be full of the energy that makes a person want to work and play. Then, too, he must have a kind heart that urges him to try to please other folks.

Sugar— 'Tis the sugar in the milk that makes life sweet.

Fat— And the fat in the milk that keeps your heart warm.

Dr. Milk Bottle—And your stomach, too.

(Magic Triplets seize Mary by the hand and whirl her around in a circle, first one way then the other, singing)

We Magic Triplets dance in and out
And whirl you all about.

Protein— Muscle building, that's what protein's for, and to help give energy!

Dr. Milk Bottle—*(In mock consternation)* Bless me! Very important you think yourselves! Are you carpenters working yourselves up for a strike?

(Aids face one another in pairs and keep time to the rhythm by throwing their arms upward and downward as they recite in concert. When they recite the last line they surround Dr. Milk Bottle and spread out their empty hands before them. They smile throughout the jingle.)

Aids— Oh, such a thing to think of us,
Your carpenters who never fuss,
Who work right on from sun to sun,
Without our pay, for work is fun!

Dr. Milk Bottle—That's the spirit; that's the spirit! We must work right on. This building must be repaired. We'll take Mary to our other helpers. Brother Iron must put some red blood in these cheeks. The Laxative Brothers and water will clean out her intestines and kidneys.

(The aids again surround Mary—take hold of her arms and legs as if to force her from the stage)

Mary— But I'm tired, I can't keep up with you people.

Protein— Oh, yes, come right along, right along.

Dr. Milk Bottle—Your friends won't know you when we bring you back.

Protein— We'll give you milk, plenty of milk.

Lime— Twice a day at least.

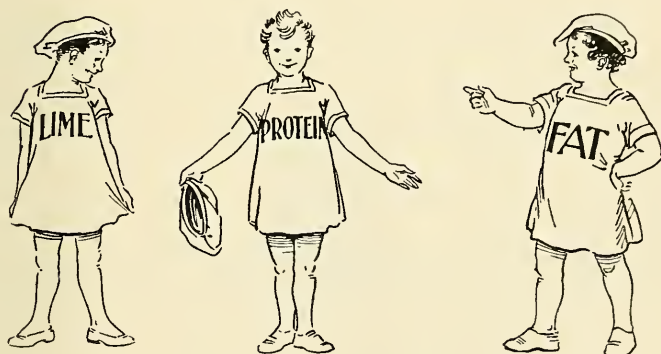
Fat— Butter your way through life.

Sugar— Bread and cereals.

Fat— Butter, butter her path through life.

All carpenters in sing-song tones recite as they hurry Mary off the stage:

Fresh air, sleep, work and play and milk, fruits
and green vegetables, plenty of milk!



SCENE II

(Ruth, Lillian and Helen return to the stage)

Lillian— Mary returned from the mountains today.

Ruth— Have you seen her? Why, Here's Dr. Milk Bottle.

(Dr. Bottle enters from the opposite side of the stage. Beside him walks the new Mary, full of life and energy. She runs over to her three friends and Helen points to the girl at Dr. Milk Bottle's side.)

Helen— I wonder who that girl is?

Mary— Oh, girls, I've had the most wonderful time! But I want to get back to school. I'm going to join the Athletic League and the Swimming Club and—

Dr. Milk Bottle—Not so fast, not so fast! Don't overdo matters.
(*The carpenters stand near, smiling*)

Fat— Keep your weight.

Protein— Join everything—work, play, hustle!

Lime— Keep your teeth white and your spine straight.

Sugar— Keep a-movin' and a-smilin'.

Triplets— (*Shaking their fingers at Mary*) Stick to Dr. Milk Bottle, fruits and green vegetables and we'll stick to you.

Fat— Butter your way! Eat butter, that's the stuff!

Protein— Dr. Milk Bottle, I move that Mary's name be placed on our roll of honor.

Triplets— We second the motion.

Dr. Milk Bottle—It has been moved and seconded that Mary Younger's name be placed on our honor roll. All in favor?

Aids— Aye, aye, aye!

Dr. Milk Bottle—The motion is carried. This, Mary, is the highest honor we can bestow upon you. You are fit to serve the greatest country in the world.

(*Protein brings in the roll of honor, and Dr. Milk Bottle points to Mary's name as he speaks.*)

Aids— Three cheers for Mary!

Aids— (*Pointing to Mary and keeping time with the right foot*)
'Twas milk!
'Twas milk!
'Twas milk that did the deed!

(A procession is formed. Dr. Milk Bottle leads. The Aids in couples joining right hand of one to left hand of the other in the style of "London Bridge" come next, then Mary with the banner, carried high, and lastly the three friends. All sing the Health Jingle as they pass off the stage.)

To the tune of "London Bridge":

Fresh air, sunshine, lots of milk,
Lots of cream,
Lots of bread,
Exercise and hours of sleep,
Make you healthy.

Bathing daily, rain or shine,
Warm or cold,
Morn and night,
Open the pores and keeps you fit,
My dear children.



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